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THE NEED TO KNOW GUIDE TO NUTRITION AND HEALTHY EATING: THE PERFECT STARTER TO EATING WELL OR HOW TO EAT THE RIGHT FOODS, STAY IN SHAPE AND STICK TO A HEALTHY DIET. CENTRAL



Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.First things first, this isn't a diet book; it's a simple guide to healthy eating. In other words, the following pages will not advise you to follow any radical changes in your eating habits. Instead, you will learn the basics of good nutrition and the many benefits that can result. Indeed, there is now a wealth...

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- Authored by Tim Shaw Bsc Msc
- Released at 2012



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